



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 20024, Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched

Report Date: June 27, 2017 03:45 EDT

Nutrient values and weights are for edible portion.

| Nutrient | Unit | Value Per 100 g | Data Points | Std. Error | Min | Max | df | LB | UB | # Studies | Source | NDB Ref | Last Modified |
|-----------------------------|------|--------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Proximates | | | | | | | | | | | | | |
| Water | g | 10.33 | -- | 0.101 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Energy | kcal | 348 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 10/1989 |
| Energy | kJ | 1456 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/2014 |
| Protein | g | 8.41 | -- | 0.060 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Total lipid (fat) | g | 2.85 | -- | 0.168 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Ash | g | 4.98 | -- | 0.049 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Carbohydrate, by difference | g | 73.43 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 10/1989 |
| Fiber, total dietary | g | 6.3 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 01/1994 |
| Minerals | | | | | | | | | | | | | |
| Calcium, Ca | mg | 299 | -- | 5.521 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Iron, Fe | mg | 4.95 | -- | 0.937 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Magnesium, Mg | mg | 54 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |

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| Phosphorus, P | mg | 651 | -- | 13.495 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Potassium, K | mg | 207 | -- | 20.553 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Sodium, Na | mg | 1319 | -- | 22.355 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Zinc, Zn | mg | 1.39 | -- | 0.082 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Copper, Cu | mg | 0.139 | -- | 0.007 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Manganese, Mn | mg | 0.516 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 10/1989 |
| Vitamins | | | | | | | | | | | | | |
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 10/1989 |
| Thiamin | mg | 0.713 | -- | 0.160 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Riboflavin | mg | 0.433 | -- | 0.099 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Niacin | mg | 5.202 | -- | 0.899 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Pantothenic acid | mg | 0.383 | -- | 0.065 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Vitamin B-6 | mg | 0.385 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Folate, total ¹ | μg | 264 | -- | -- | 254 | 273 | -- | -- | -- | 1 | Analytical or derived from analytical | -- | 05/2003 |
| Folic acid | μg | 198 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2003 |

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|------------------------------------|------|-------------------|----------------|------------|-----|-----|----|----|----|-----------|---------------------------------------|---------|---------------|
| Folate, food | µg | 66 | -- | 2.705 | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Folate, DFE | µg | 402 | -- | -- | -- | -- | -- | -- | -- | -- | Calculated or imputed | -- | 05/2003 |
| Vitamin B-12 | µg | 0.00 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 10/1989 |
| Vitamin A, RAE | µg | 14 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 05/2003 |
| Retinol | µg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 06/2002 |
| Vitamin A, IU | IU | 287 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Vitamin D (D2 + D3) | µg | 0.0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 11/2008 |
| Vitamin D | IU | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 02/2009 |
| Lipids | | | | | | | | | | | | | |
| Fatty acids, total saturated | g | 0.400 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| 16:0 | g | 0.341 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| 18:0 | g | 0.045 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Fatty acids, total monounsaturated | g | 0.751 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| 16:1 undifferentiated | g | 0.002 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| 18:1 undifferentiated | g | 0.748 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |

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| Fatty acids, total polyunsaturated | g | 1.297 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| 18:2 undifferentiated | g | 1.258 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| 18:3 undifferentiated | g | 0.039 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Cholesterol | mg | 0 | -- | -- | -- | -- | -- | -- | -- | -- | Assumed zero | -- | 10/1989 |
| Amino Acids | | | | | | | | | | | | | |
| Tryptophan | g | 0.065 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Threonine | g | 0.305 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Isoleucine | g | 0.300 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Leucine | g | 0.973 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Lysine | g | 0.230 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Methionine | g | 0.173 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Cystine | g | 0.155 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Phenylalanine | g | 0.414 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Tyrosine | g | 0.332 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |

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| Valine | g | 0.415 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Arginine | g | 0.410 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Histidine | g | 0.249 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Alanine | g | 0.584 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Aspartic acid | g | 0.555 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Glutamic acid | g | 1.736 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Glycine | g | 0.340 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Proline | g | 0.765 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |
| Serine | g | 0.402 | -- | -- | -- | -- | -- | -- | -- | -- | Analytical or derived from analytical | -- | 10/1989 |

Other

Sources of Data

¹J.I. Rader, C. M. Weaver, G. Angyal Total folate in enriched cereal grain products in the United States following fortification, 2000 Food Chemistry 70 pp.275-289